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News Release

FOR IMMEDIATE RELEASE

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Coconino County Probable Swine Flu Case is Negative

Coconino County Health Department (CCHD) officials announced today that test results for the probable swine flu case at Northern Arizona University (NAU) are negative. The student had experienced flu-like symptoms. Initial tests were inconclusive and were then sent for additional testing. Results from the Center for Disease Control and Prevention (CDC) confirmed the student was not infected with swine influenza, also called H1N1 flu. No other suspected cases have been reported at NAU. Currently, there are no positive swine flu cases in Coconino County.

NAU is operating under normal business conditions. The schedule for final exams and commencement remains unchanged at this time. CCHD is working with NAU to communicate to friends and family members of graduating students to please remain at home if they are experiencing flu-like symptoms. A 24-hour NAU phone bank has been set up to address any questions from students and parents: 928-523-0007.

As of May 2, 2009, the Arizona Department of Health Services (ADHS) has identified 13 additional cases of new swine influenza in Arizona. This brings the total number of swine influenza cases in Arizona to 17 scattered in 4 southern counties.

The Coconino County Health Department (CCHD) is closely monitoring the swine flu situation in coordination with the ADHS, the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

The symptoms of swine flu are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Health officials advise individuals who develop influenza-like-illness (ILI) (fever with either cough or sore throat) to stay at home, to get lots of rest and drink plenty of fluids. Persons who experience symptoms and wish to seek medical care should contact their health care providers to report illness (by telephone or other remote means) before seeking care at a clinic, physician's office, or hospital. **Those with severe symptoms (see above) who have difficulty breathing or shortness of breath or are believed to be severely ill should seek immediate medical attention.**

There are things that people can do to help them stay healthy. The Coconino County Health Department recommends the following preventative measures:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, sneeze or cough into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

The CCHD is **not** advising healthy individuals to wear protective masks. The CCHD is advising those with influenza-like illness (ILI) to remain at home until they no longer are experiencing any influenza symptoms. If severe symptoms occur (as outlined above), individuals should contact a healthcare provider. You may be asked by your health care provider to wear a mask if you are experiencing influenza-like illness (ILI) and need to visit the healthcare facility.

There have been many questions about whether eating pork creates a threat of contracting swine flu. There is **no risk of infection** with this virus from consumption of pork and pork products. Eating properly handled and cooked pork products is safe. (Cook to 165°F and maintain the proper temperature for at least 15 seconds.)

The following prevention measures will help to lessen the impact on individuals, families and businesses in the event of a severe influenza pandemic:

- Prepare for a possible school closure and plan for daycare if necessary.
- Prepare for a possible extended stay in your home - Store a supply of water and food.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Businesses should consider how they will operate if several of their employee are out sick or out caring for sick family members.

Information about how to prepare is available at www.coconino.az.gov/health and at <http://www.pandemicflu.gov/plan/tab3.html>.

The Centers for Disease Control (CDC) has created a webpage with information and updates. Visit www.cdc.gov/flu/swine or call 1-800-CDC-INFO.

Information is also available on the CCHD website at www.coconino.az.gov/health or by calling the CCHD Flu Information Line at 928-679-7300 or toll-free at 1-877-679-7272.

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